

Getting Up Nights Makes Many Feel Old

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Dizziness, Swollen Ankles, Rheumatic Pains, Burning, seamy or frequent passages? If so, remember that your kidneys are vital to your health and that these symptoms may be due to non-organic and non-systemic kidney and bladder troubles—in such cases Cystex (a physician's prescription) usually gives prompt and joyous relief by helping the kidneys flush out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying Cystex. An iron-clad guarantee wrapped around each package assures a refund of your money on return of empty package unless fully satisfied. Don't take chances on any kidney medicine that is not guaranteed. Don't delay. Get Cystex (Sis-tex) from your druggist today. Only 35c. The guarantee protects you.

Cystex

Pleasant Home
—FROZEN FOOD LOCKERS—
Lockers for Rent, Reasonable Rate
By the Month or By the Year

NEW! "BACTERIOSTATIC" FEMININE HYGIENE

now finding great favor among women...

Many doctors recommend regular use of douches as a precautionary measure for women who want to be clean, dainty—for women troubled by offending odor or discharge. Some products may be harmful to delicate tissues. But not Lydia E. Pinkham's Sanative Wash! Pinkham's Sanative Wash is gaining great favor among women because it's NOT a harmful germicide. Instead—it's a mighty effective "bacteriostatic" (the modern trend). It not only discourages bacterial growth and infection but thoroughly cleanses and deodorizes. Very soothing—no minor irritations and discharge and has a tonic effect on delicate membranes. Inexpensive! Get your bottle of Lydia Pinkham's Sanative Wash today. All druggists.

BLACKSMITHING
Woodwork -- Saw Hammering
Build New System Log Houses
JONSRUD LOG HOUSE CO.
Phone SANDY 20x2

Acid Indigestion

What many Doctors do for it
When excess stomach acid causes gas, sour stomach or heartburn, doctors prescribe the fastest-acting medicine known for symptomatic relief—medicines like those in Bell's Tablets. Try Bell's yourself, at first sign of distress. They neutralize acid, relieve gas, and bring comfort very quickly—yet are not a laxative! Only 25c. at drug stores. If your very first trial doesn't prove Bell's better, return bottle to us and get double your money back.

Church News

IMMANUEL LUTHERAN CHURCH
Rev. H. J. Gieseke, pastor
Service every Sunday at 11 a.m.
Sunday School every Sunday at 10 A. M.
Also supports full 8th grade Elementary school, Mr. Elroy Venzke, principal.

SANDY SEVENTH DAY ADVENTIST CHURCH
Sabbath school services each Saturday at 10 a. m.
Preaching services at 11 a. m.

THE FIRST BAPTIST CHURCH of Sandy
The services of the Baptist church of Sandy will be held in the Odd Fellows hall.
Sunday school 10:00 a. m.
11:00 a. m. Preaching by L. C. DesVoigne,
Bible Study 7:00 p. m.
8:00 p. m. Sermon by pastor.

SANDY COMMUNITY CHURCH
J. C. Hatley, pastor
Sunday school 9:45. Mrs. Lewis Hall superintendent. Earnest teachers of the word for all departments and class ages.
11:00 a.m. The old hymns of the church directed by Mrs. Lyle Seaman. Special music by mixed quartet. Sermon subject "Will a man rob God?"
7:30 p.m. Inspirational service in songs, choruses, and special instrumental music by the young peoples' group, with a short message by the pastor.
Wednesday 7:45 The prayer meeting with "Christ at the Round Table."

Watch for the announcement of our Harvest Home dinner.
Don't forget we are having our church picnic this Sunday. Bring your lunch, attend the morning church service, then go with us to the Masonic picnic grounds in Sandy, and enjoy the affair with us.

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Style Trends

Style makers of victory fashions don't come from Paris these days. They are men on the war production board in Washington. Their style motto is a different one—simplify and conserve. So they snip a few



OUR GREEN WAY OF LIFE

What do the forestry terms, "timber cropping" and "tree farming," mean in practice by the West Coast lumber industry? Here is an answer in pictures. Upper left is a block of 200, to provide natural reforestation on a harvested area. An average of 1,000 young trees per acre make a thriving new crop. Upper right shows one of the 7½ million reforested acres in the Douglas fir region.
Protection of the slow-growing timber crop by industry costs money. Six tank-pumper cars operated by one lumber company for fire-fighting are illustrated. Their combined capacity is 60,000 gallons. Such equipment is common on logging operations.
In addition to 11 million acres of old growth in the Douglas fir region there are more than 3 million acres of second growth of saw timber size. Posts and poles are a first harvest. Pictured are 40-foot poles selectively taken from a 60-year-old stand of Douglas fir. Such cropping helps pay tree-farming costs and gives more growing room for remaining trees.

inches off men's shirt tails and save 12 million yards of goods. They outlaw zippers, except plastic or silver ones, to release metal for bullets and machines, says Miss Lucy R. Lane, specialist in clothing and textiles at Oregon State college.

Work clothes rate as a favorite child, but a few things have been lopped away, such as extra buckles, double pockets, triple stitching of seams, cuffs on pants, and not so many models for each type of garment. But the favorite 2.20 denim is still used for the overalls and dungarees.

However, overalls for small boys and tiny girls are being side-tracked. The materials must go first into work clothes for grown-ups.

Styles in dress and street clothes for men, women, and children are allowed considerable leeway. There is some simplification but no standardization, except that women's styles won't go out of date every few months. Skirts will remain between 16 and 19 inches from the floor, and hems must have no more than a two-inch turn-up. Leg-of-mutton sleeves are out. So are sleeve cuffs, wide belts, fichus, boleros, redingotes and three-piece suits. Skirts may be only just so

wide for each size. Pleats and tucks will be allowed if they don't take up more material than permitted for the skirt width. Evening dresses may be 144 inches wide at the bottom but no hoop skirts or overskirts may be made.
Boys' suits, jackets, and topcoats must not have hoods, scarves, hats or mittens to match, except that a mackinaw or jacket may have an attached hood if it is made without a collar.
Metal hooks and eyes may be used only on certain materials and

garments and then only sparingly. Zippers are giving way to buttons. Foundation garments made of rubberized fabrics will contain more stiffened rayon or cotton twill and batiste. Bathing suits in cotton weaves, and in cotton or rayon jersey, will replace wool and lastex.
Hats and gloves will be made of fabrics. Sweaters will be crocheted of cotton and rayon jersey.
The fact that the army needs top grain sole leather for fighting feet won't leave civilians without shoes, but leather and fabrics not essential

Permanent Observers Schedule for Sandy Post

- | | | |
|------------------|--|--|
| SUNDAY | 6 A. M.
Albert Hoffman
8 A. M.
Mr. Curry
Mrs. Curry
10 A. M.
Robert Bunnell
12 NOON
Mrs. A. E. Howland
2 P. M.
Mrs. Ruth Bruce
4 P. M.
Jackie Williams
6 P. M.
Mr. Kain
S. R. Harper
8 P. M.
Frank Schmitz | 4 P. M.
M. E. Briles
6 P. M.
Lennox Blatchford
8 P. M.
Mrs. G. D. Orr
Mrs. Ivan Barker |
| MONDAY | 6 A. M.
Ivan Barker
8 A. M.
Hazel Brown
10 A. M.
Mrs. Ruth Folsom
12 NOON
Mrs. Blatchford
2 P. M.
Mrs. H.J. Gieseke
Mrs. Bessie Rehberg
4 P. M.
Helen Guthu
6 P. M.
Mrs. Dorothy Simmie
8 P. M.
Mr. Carl Hane
Mrs. Carl Hane | THURSDAY
6 A. M.
Alfred Meinig
8 A. M.
Mrs. Lyle Seaman
10 A. M.
Margaret Hillyard
Leona Koch
12 NOON
Mrs. Inez Lauderback
2 P. M.
Esther Tooley
4 P. M.
Mrs. Charles Linn
Helen Dahrens
6 P. M.
8 P. M.
Pauline McCormick
Mrs. W. Obershaw |
| TUESDAY | 6 A. M.
R. S. Smith
8 A. M.
Judge Hall
Mrs. J. R. Hall
10 A. M.
Mrs. R. S. Smith
12 NOON
Mrs. S. H. Harper
2 P. M.
Mrs. Ed Bruns
4 P. M.
Mrs. R. S. Harper
Mrs. E. Dodd
6 P. M.
Mrs. George Beers
8 P. M.
Esther Krebs
Ben Radford | FRIDAY
6 A. M.
Jess Hite
8 A. M.
Edna Seales
10 A. M.
Mrs. Fred Proctor
Mrs. Boeve
12 NOON
Mrs. Lennis Edwards
Mrs. Don Hutchins
2 P. M.
Mrs. Edison Mills
4 P. M.
Mrs. Eldon Mills
6 P. M.
Ruby Loundres
Norah Clark
8 P. M.
Dr. H. Schneider
W. Boshelm |
| WEDNESDAY | 6 A. M.
Mrs. Platner
8 A. M.
Mrs. Julian Ruther
Mrs. Lex Schmitz
10 A. M.
Mrs. Lottie Blevins
Mrs. Gladys Bolar
12 NOON
Mrs. Harvey Schneider
Mrs. Anna Perret
2 P. M.
Mrs. M. E. Briles | SATURDAY
6 A. M.
Coel Duke
Fred Proctor
8 A. M.
Mrs. E. Beers
Mr. E. Beers
10 A. M.
Georgia Gunderson
12 NOON
2 P. M.
Mrs. John Gray
4 P. M.
Mrs. Julia Tuttle
6 P. M.
Mr. Vern Alt
Mrs. Vern Alt
8 P. M.
Jack Beatty
Jack Idleman |

for military needs will be used for footwear.
The net effect of this will not be to make us all look alike at all, in fact Americans may look even better dressed in victory fashions with the neat, trim silhouette.

Did You Place Your FALSE TEETH In a Glass Last Night?

Thousands do and wonder why their dentures remain dull and stained—why they suffer with offending denture breath. They fail to realize that water alone is not a cleaning agent—but now, there's a great formula perfected by a dentist, called Stera-Kleen that thoroughly cleans false teeth like magic—no brushing! Simply put a little Stera-Kleen Powder in a glass of water—soak your teeth—now they sparkle, are really clean and look like the day your dentist said, "Don't they look natural?" Try Stera-Kleen—lasts long—costs only 30¢. At all druggists.

For CIVILIAN WAR ACCIDENT INSURANCE see BRENTON VEDDER Sandy, Oregon

FREE SHOW
Every Wednesday 9 p.m.
JOE E. BROWN
No serial this year. Show will be over at 11:30
Sponsored by the Chamber of Commerce.
Financed by the business men of Sandy and vicinity.
Back of Ford Garage Main Street, Sandy

Give Jewelry
and you give the finest of all gifts
CONVENIENT TERMS at no EXTRA COST
ROY and MOLIN
JEWELERS and OPTOMETRISTS
316 S. W. Alder between Third and Fourth Portland, Oregon

Dignified Service
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Visit BLUE LAKE PARK
DANCE
TO THE MUSIC OF **WES LANG**
And His 12-Piece Band, Featuring Edna Jean Billings, Vocalist
Dancing 8:30-12:30 p.m. Sunday Adm: 50c including tax
(Includes Admission to Park Entrance After 6:00 p.m.)
Only One Admission for Gate and SWIMMING
Admission Every Day Including Sundays and Holidays:
Adults: 22c — tax 3c — total: 25c Including swim
Children under 12: 13c — tax 2c — total: 15c Including swim
Turn north at 12-mile road on Sandy Boulevard

GOOD PRINTING

AT REASONABLE PRICES
The SANDY POST

AN INVITATION TO ALL TRUCK OWNERS AND OPERATORS



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See your Chevrolet dealer, who is acting as official service station for Truck Conservation, and get the official emblem for your trucks

Your truck—all trucks—are essential to America's war program. . . . Let your Chevrolet dealer help you to "Keep 'em fit to keep 'em rolling." . . . See him for a thorough service check-up today—and see him for skilled service at regular intervals. . . . Remember—Chevrolet dealers are America's "Truck Conservation Specialists."

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